

100+ THINGS TO DECLUTTER

Living Room

- ☐ Old magazines
- ☐ Old newspapers
- ☐ Worn-out throw pillows
- ☐ Old blankets that you no longer want
- ☐ Seasonal decor items
- ☐ Decor items that no longer match your home decor
- ☐ Coasters that you don't use
- ☐ Remotes for electronics that you no longer use
- ☐ Kids' toys or other items that don't belong in the living room
- ☐ VHS tapes
- ☐ CDs, or if you're in DESPERATE need of decluttering, cassette tapes
- ☐ Old books
- ☐ Candles that are almost completely burned down
- ☐ Worn-out pet toys
- ☐ Random knick-knacks that just collect dust

Bedroom

- ☐ Chargers for old electronics that you no longer own
- ☐ Remote controls for electronics you no longer own
- ☐ Dead batteries
- ☐ Random paper clutter in your nightstand
- ☐ Worn-out throw pillows that you no longer use
- ☐ Sheets or blankets that are in poor condition
- ☐ Jewelry or accessories that you haven't worn in the last year
- ☐ Shoes that you haven't worn in the last year

100+ THINGS TO DECLUTTER

- ☐ Bras that are worn-out or no longer fit
- ☐ Pantyhose with holes in them
- ☐ Socks that are missing a mate or have holes
- ☐ Worn-out underwear
- ☐ Old t-shirts that you no longer wear
- ☐ Old pajamas
- ☐ Old bathing suits
- ☐ Old tote bags, such as "Free with purchase" gift bags
- ☐ Empty boxes (shoe boxes, electronics boxes, etc)
- ☐ Hats you no longer wear
- ☐ Winter hats, gloves, or scarves that you didn't wear last winter
- ☐ Clothes that haven't been worn in the last year
- ☐ Clothing and shoes that no longer fit
- ☐ Damaged or stained clothing
- ☐ Purses you no longer use
- ☐ Luggage you no longer use
- ☐ Old prescription eyeglasses
- ☐ Games and puzzles that are missing pieces
- ☐ Candles that are almost completely burned down

Bathrooms

- ☐ Expired medications
- ☐ Old, worn-out towels and washcloths
- ☐ Toiletry items that you haven't used in 6 months
- ☐ Makeup that you no longer wear

100+ THINGS TO DECLUTTER

- ☐ Old hairbrushes/combs
- ☐ Old hair ties
- ☐ Old magazines
- ☐ Old toothbrushes
- ☐ Sample size beauty products that you won't use
- ☐ Mini toiletries from hotels
- ☐ Empty or nearly empty toiletry bottles
- ☐ Expired beauty products
- ☐ Beauty tools that you haven't used in past year (flat iron, eyelash curler)
- ☐ Old bath toys
- ☐ Disintegrated soap bars
- ☐ Old, dried-out air fresheners
- ☐ Shower poofs that you no longer use
- ☐ Old razors

Kitchen

- ☐ Plastic food storage items (Tupperware) that are missing lids
- ☐ Individual condiments from restaurants
- ☐ Take-out silverware
- ☐ Expired pantry items
- ☐ Expired refrigerator items
- ☐ Plastic souvenir cups
- ☐ Extra coffee cups
- ☐ Serving dishes that you haven't used in the last year

100+ THINGS TO DECLUTTER

- ☐ "Junk" from your junk drawer
- ☐ Food that you will not eat
- ☐ Paper recipe clippings
- ☐ Coupons that you won't use
- ☐ Papers stuck on the front of your refrigerator that you no longer need
- ☐ Advertisement magnets
- ☐ Rarely-used kitchen utensils that you have multiples of (potato masher, garlic press, etc)
- ☐ Old kids' cups
- ☐ Seasonal paper goods (plates, napkins, cups) that you don't have a full set of or won't use in the near future
- ☐ Pots, pans, and utensils that are in poor condition
- ☐ Plastic disposable medicine cups (if you're like me and somehow end up with 16 of them in your silverware drawer)
- ☐ Damaged water bottles
- ☐ Extra plastic shopping bags
- ☐ Old dish sponges
- ☐ Vases that you never use
- ☐ Empty jars that you're holding on to for some unplanned future projects
- ☐ Pet treats or food that your pets don't like
- ☐ Spices/sauces/condiments that you are not likely to use

100+ THINGS TO DECLUTTER

Office

- ☐ Receipts you no longer need
- ☐ Expired coupons
- ☐ Pens and markers that are dried out
- ☐ Instruction manuals (these are typically available online)
- ☐ Warranty information for products you no longer own
- ☐ Insurance policy documents for expired policies
- ☐ Phone books
- ☐ Tax and financial documents that are more than 7 years old
- ☐ Random craft supplies that you are not likely to use soon
- ☐ Wrapping paper scraps
- ☐ Empty ink cartridges
- ☐ Outdated software
- ☐ Computer items you no longer use (keyboards, mice, etc)
- ☐ Old power cords and chargers
- ☐ Outdated text books

Garage

- ☐ Old lumber scraps
- ☐ Old sports equipment that is in poor condition
- ☐ Tools that do not work or are missing pieces
- ☐ Holiday decor that is broken or that you did not use within the last year
- ☐ Toys and bikes that your kids have outgrown
- ☐ Trash (cardboard boxes, soda cans, etc)
- ☐ Old, dried-out paint and paint cans
- ☐ Expired chemicals (grass seeds, fertilizer, etc)
- ☐ Tools that you have multiples of (rakes, garden shears, shovels, etc)